

Oprah's Outtasight Salad

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 1/2 teaspoons white vinegar
2 cups salad greens (of your choice)
1 cup vegetables (tomatoes, cucumbers, carrots, green beans) (chopped)
1 cup pineapple chunks, drained (canned in juice, or fresh orange segments)
 Dynamite Dressing
2 tablespoons raisins (or dried cranberries)
2 tablespoons nuts, any kind (chopped)
1/4 cup yogurt, non-fat, fruit-flavored
1/16 cup orange juice (1 Tablespoon)

Directions

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

DYNAMITE DRESSING PREPARATION:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Notes

Tomatoes used in nutrition and cost analysis for

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 100 | |
| Total Fat | 1.5 g | 4% |
| Protein | 2 g | |
| Carbohydrates | 18 g | 6% |
| Dietary Fiber | 3 g | 12% |
| Saturated Fat | 0 g | 0% |
| Sodium | 40 mg | 2% |

vegetables.

California 5 A Day, It's So EasyContra Costa Health Services